



## Alderwood Little League Farm Baseball House Rules

**Important:** Please review the Interleague Rules at <https://www.alderwoodlittleleague.com/Default.aspx?tabid=1177952>, as the guidelines below either reinforce those rules or outline specific exceptions to them. Farm is a developmental league focused on learning and fun. Coaches should agree on the game setup before the first inning. Emphasize a “hit first” approach, rather than encouraging frequent base stealing—use your best judgment.

### Game Length

- Games are 1 hour and 45 minutes.
- No new inning may begin after 1 hour and 30 minutes, taking into consideration an approximate two-minute transition between innings.

### Game Setup

- Ten (10) players are on the field defensively, including four outfielders.
- A minimum of eight (8) players is required to play a game.
- Teams must use a continuous batting order.
- Only a total of FOUR league-approved adults are allowed in the dugout or on the field during a game. ONE adult must be in the dugout at all times per rule 4.05. One coach will be allowed on the mound for pitching. The other 2 can be base coaches.
- There is a five (5) run limit per team, per inning, except for the declared final inning.
- The Infield fly rule **does** apply.
- The home team is responsible for providing one approved adult volunteer to call balls and strikes, either from behind home plate or from the mound. Alternatively, the coach responsible for pitching may call balls and strikes, as this approach has proven effective at Alderwood Little League.
- Umpires must refrain from coaching or instructing players.

### Defense

- Up to two coaches may be on the field while playing defense.
- Outfielders must remain in the outfield and should not move into the infield during play.
- Every player must play at least 6 defensive outs each game.



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- Players may play any single defensive position for a maximum of 2 innings. Being skilled at a position (for example, first base) is not a reason for a player to remain there the entire game.

### Pitching

- For the **first four weeks** of the season, coaches will pitch the first three innings of each game. Beginning in the fourth inning, players will pitch for the remainder of the game. During coach pitch for the first four weeks, the batter will receive up to five (5) pitches or three (3) swinging strikes, whichever comes first, to put the ball in play. If the batter does not put the ball in play by the fifth pitch, the batter is out. If the batter fouls the fifth (5th) pitch, the at-bat continues until the batter either puts the ball in play or fails to foul off a subsequent pitch.
- Coaches may pitch from anywhere in front of the mound, and do not need to throw from the pitching rubber. The recommended pitching distance is 30 feet to ensure consistent speed and safety for hitters.
- Coaches must pitch overhand.
- The player in the pitcher position must have one foot inside the mound circle or roughly within 3 feet of the pitcher's mound.
- Players must pitch from the mound and [pitch count rules](#), including rest days, shall be strictly followed.
- There are no walks. Upon the occurrence of ball four, the coach shall enter the game and pitch up to three (3) additional pitches to the batter. The strike count shall carry over from player pitch. The at-bat shall end upon the earliest of the following: (1) the player puts the ball in play, (2) the player swings and misses for strike three, or (3) three pitches are completed without the ball being put in play.
  - The player shall be declared out upon the occurrence of (2) or (3).
  - If the third pitch delivered by a coach is a foul ball, the at-bat shall continue until (1) or (2) occurs, or until additional pitch(es) are delivered without the ball being put in play.
  - During the coach pitch portion of an at-bat, the umpire shall call only swinging strikes. During the player pitch portion, the umpire shall call strikes in accordance with standard rules.



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### Batting

- There are no walks. Upon the occurrence of ball four, the coach shall enter the game and pitch up to three (3) additional pitches to the batter. The strike count shall carry over from player pitch. The at-bat shall end upon the earliest of the following: (1) the player puts the ball in play, (2) the player swings and misses for strike three, or (3) three pitches are completed without the ball being put in play.
  - The player shall be declared out upon the occurrence of (2) or (3).
  - If the third pitch delivered by a coach is a foul ball, the at-bat shall continue until (1) or (2) occurs, or until additional pitch(es) are delivered without the ball being put in play.
  - During the coach pitch portion of an at-bat, the umpire shall call only swinging strikes. During the player pitch portion, the umpire shall call strikes in accordance with standard rules.
- There is no on-deck circle.
- There are no batting tees to be used
- No dropped third strike rule shall be used
- Bunting is permitted

### Baserunning

- Stealing is permitted except during coach pitch. At Alderwood, however, runners may not steal or advance to home plate during player pitch except on a hit or a walk.
- No stealing once the ball is thrown back to the pitcher.
- For balls hit to the outfield, once the ball is touched by a fielder, runners may only advance if they are at least halfway to the next base.
- Overthrows that go into a dead ball area are to be awarded as follows:
  - Thrown by a fielder, Two base award.
  - A ball that is pitched and goes out of play, One base award.
- A base runner may not leave the base until the pitched ball crosses home plate.
- If a runner leaves early and attempts to steal:
  - If the runner is thrown out, the out stands.



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- If the runner is safe, the runner must return to the previously occupied base in accordance with Little League rules.
- No head-first slides when advancing to a base. However:
  - A runner may dive head-first back to a base (for example, returning to first on a pickoff attempt or throw down by the catcher).
  - If a runner slides head-first while advancing, the runner is called out.